

**OTTAWA** 

**SUMMERTIME** LEARNING READING WILL HELP KIDS KEEP UP (page 8)



MARRIED **UNDERWOOD WEDS** SENATORS' FISHER ALL THE DISH (page 7)

netre

Monday, July 12, 2010 www.metronews.ca



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in sits atop ▶ Iniesta lays claim to become soccer household name with late extra time goal Players hurriedly swap blue shirts for familiar red after the game (pages 13, 14)

Environment

## **Offsets pay** for greener way of life

- Average consumer can ease environmental guilt with small contributions
- Companies specialize in spreading the funds (page 10)

### Gibson dropped by talent agency

Website posts alleged clip of star using racial slur {page 6}



### Woman 'won't be stoned'

Controversial death sentence off for now in Iran {page 3}

### China renews **Google contract**

Website agrees to 'abide by Chinese law,' says official {page 4}



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▶ Spain's Andres Iniesta holds up the World Cup trophy yesterday as he celebrates with teammates after the final in South Africa.





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# Wheels turn to help poor

Small turnout sends big message on United Nations World Population Day Pedal Against Poverty grows in grassroots fashion





It didn't draw a big crowd for its first year, but organizers hoped yesterday's Against Poverty event in Gatineau's Moussette Park helped raise awareness about poverty and celebrate UN World Population Day.

"Our goal is to pass the message that number 1: poverty can be beaten; and number 2: the message is to have fun with it, so let's really work together at it," event co-ordinator Yvon Dupuis.

Gatineau city Coun. Denise Laferriere was on hand to open the event and ride with the cyclists, some of whom collected pledges. Ali-Chuma Tabaro, who came up with Pedal Against Poverty, said organizers, with almost no budget to make the event happen, relied on cost-effective methods for getting the message out like Face-

### Involvement

Working Together: Pedal Against Poverty is a co-operative project by:

- Groups RESULTS Canada, Oxfam Canada, Diku Dilenga (Canada), UN World Population Day
- Inaugurational event This

and old-fashioned book word of mouth.

"We all invited ends, colleagues friends,

was the first ever Pedal Against Poverty UN World Population Day, which seeks to raise awareness of global population issues such as hunger and extreme poverty.

Catchphrase of the day The slogan for World Population Day is Everyone Counts.

family members and whatever the amount of people who come, we'll still have a good time.

## **Little Italy** plays host to jubilant Spain fans

Little Italy was home to Spain's Ottawa superfans yesterday, as a packed reception hall at Sala San Marco thrilled to the Spanish team's 1-0 overtime victory.

Among the hundreds of fans was Tony Garcia, for-mer owner of Don Alfonso, the Ottawa Spanish restaurant. Now based in New York, he came home to watch his beloved team win.

"Finally, after a lot of disappointing years, we finally did it," he said.

STEVE COLLINS



### Dutch dreams die at Westin

An energetic sea of orange spirit created by more than a thousand boisterous Dutch soccer fans crammed into the overflowing Confederation Room at the Westin Hotel had the life sucked out of it when Spain finally scored, with just three minutes left to play in extra time.

"I don't think I've ever been so disappointed," said Iamie Prins.

"It was a really great party until we lost.' TIM WIECLAWSKI

lgary Stam-de. Video at etronews.ca/

**\$169** 

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KAPUSKASING

THUNDER BAY

FORT FRANCES

SIOUX LOOKOUT



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## **Iran: Adulterer** won't be stoned 'for time being'

• Death sentence was approved by Supreme Court • Condemned are buried to chest, stoned until they die

The controversial death sentence by stoning for an Iranian woman convicted of adultery will not be implemented for now, said a judicial official yesterday.

Malek Ajdar Sharifi, the top judicial official in the province where the mother of two was convicted, told the Iranian state news agency that her crimes were "various and very serious" and not limited to adultery, but that the sentence "will not be implemented for the time

being."
He added Sakineh Mohammadi Ashtiani's stoning would still take place if



the judiciary wanted, despite the "propaganda" by the West.

The U.S., Britain and in-

ternational human rights groups have all urged Tehran not to carry out the sentence.

Human Rights Watch, one of several groups publicizing Ashtiani's said she was first convicted in 2006 of having an "illicit relationship" with two men following the death of her husband - for which a court in the northern city of Tabriz sentenced her to 99 lashes.

But she was later convicted of adultery, despite having retracted a confession which she claims was made under duress.

THE ASSOCIATED PRESS



## Everybody gets naked for record

Numerous groups gathered around North America at 3 p.m. eastern time Saturday in an attempt to set a record for the most people taking part in a simultaneous skinny-dip. Wreck Beach, Canada's first and largest clothing-optional beach, had 382 people participate.

## Child killed | Mountie by wind turbine

A three-year-old child was killed Saturday when he was pinned under a wind turbine in southwestern Ontario. Police say just before 8:30 p.m., emergency officials were called to a home near Belgrave.

THE CANADIAN PRESS

## charged in murder

An Edmonton Mountie has been charged with seconddegree murder, a day after the body of an officer's wife was found. Const. Tarith Sehmbi will make his first court appearance

THE CANADIAN PRESS

## 'bandit' nabbed

Colton Harris-Moore, the teenage "Barefoot Bandit" who allegedly stole cars, boats and airplanes to dodge U.S. law enforcement was nabbed vesterday as he tried to make a water escape in the Bahamas

THE ASSOCIATED PRESS

## **Home Phone Lines**

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BUDGET

### **Vatican** has devil of a debt

The Vatican said Saturday it had posted its third straight financial loss, registering a \$4.1-million deficit for 2009.

The financial report released by the Holy See's

press office listed revenues of \$250.18 million against expenses of \$254.28 million.

Most of the expenses went to support Pope Benedict XVI's activities and the Holy See's offices, especially Vatican Radio, the voice of the pope that is broadcast on five continents in 40 different languages and produced by 200 journalists.

THE ASSOCIATED PRESS

## **Earnings** out this week

Investors could find a reason to extend last week's strong advance on North American stock markets if U.S. second-quarter corporate earnings, the first of which are expected today, live up to high expecta-

"If we can get some confirmation from the earnings and then the stocks rally on that, it will be a very good sign that we'll have a decent summer," said Blair Falconer, portfolio manager at HSBC Securities.

North American markets finished higher last week as bargain hunters moved in.

Markets are still down sharply from their 2010 highs and investors hope strong earnings and revenues will reverse recent sentiment that the global economic recovery will be slower than thought.

Arguably the most important earnings to watch will be General Electric at the end of the week.

# Google bows to Chinese rule of law

Website renewed until 2012 Content subject to web monitoring, filtering and block of pornography



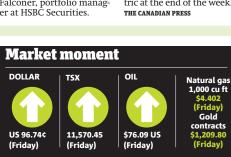
China confirmed vesterday it has renewed Google's li-cence, under the operation of Beijing Guxiang Infor-mation Technology Co. Ltd., ending a months-long standoff over Internet censorship.

A ministry official, who was not identified, said Guxiang had agreed to "abide by Chinese law" and "ensure the company provides no lawbreaking content," China's news agency Xinhua said.

The conflict arose in January when Google decided to end its four-year practice of omitting search results that the Chinese government consubversive siders pornographic.

Google made the decision after blaming Chinese computer hackers for an attack it said was aimed at stealing the company's technology and email information from human rights activists.

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## BP claims progress on oil cap

Work on a new cap for the gushing oil leak in the Gulf of Mexico has outpaced officials' expectations so far, with robotic submarines completing most of the removal work necessary on the broken well.

Overnight, a top flange on the leaking well was removed.

That equipment has to make way for a new flange spool, a piece that will connect the new cap to the well.

The old cap, which since its instalment in June allowed some oil to keep pouring into the Gulf, came off Saturday. That allowed millions of litres of oil to pour almost unimpeded into the water, but officials say the new cap will form a

perfect seal.

British Petroleum and the coast guard hope the work can be done within three to six days. If tests show it can withstand the pressure of the oil and is working, the Gulf region could get its most significant piece of good news since the April 20 explosion on the BP-leased Deepwater Horizon rig, which killed 11 workers.

It would be only a temporary solution to the catastrophe the U.S. estimates has poured between 330 million litres and 650 million litres of oil into the Gulf as of Saturday. Hope for permanently plugging the leak lies with two relief wells, the first of which should be finished

by mid-August.

The plan didn't inspire confidence in the residents of the oil-slicked coast.

"This is probably the sixth or seventh method they've tried, so, no, I'm not optimistic," said Deano Bonano, director of emergency preparedness for Jefferson Parish in New Orleans.

There's no guarantee of success for such a delicate operation nearly 1.6 kilometres below the water's surface, officials said.

"It's not just going to be, you put the cap on, it's done. It's not like putting a cap on a tube of toothpaste," Coast Guard spokesperson Capt. James McPherson said.

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### BELLO for MAYOR Fewer Words, More Action!



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## WEARY OF THE WELLINGTON ST. DEBATE

**Urban Compass** 

### **STEVE** COLLINS



I must confess my keen indifference to the proposal to rename Wellington Street in honour of Sir John A Macdonald. Measures to ease Wellington's rush hour traffic purgatory would be considerably more helpful than new signage.

ould the name change amount to the proud repatriation of a historic street or an insecure act of revisionist vandalism? Who cares? City council has already devoted too much time to this non-issue, and there's no telling how many more hours of historical wankery we'll have endured in place of real city business by the time it comes up for a possible October vote.

In keeping with party politics, Tories are considerably more bullish on rechristening the street for their party's legendary leader. Mayor Larry O'Brien and Coun. Peter Hume, both Conservatives, are in favour.

Across the table, Coun. Alex Cullen, who has belonged to both the Liberal and NDP parties, sent an email to colleagues describing our first prime minister as "a drunk and a taker of bribes," as well as the one who gave the order

Bob Plamondon, the Tory who proposed the change, has

"Someone piped up that ... George-**Etienne Cartier should** get a piece of the action ... So Wellington would become

MacDonald-**Cartier. That** has a familiar ring, don't you think?"

at least managed to secure bipartisan support from former prime ministers Brian Mulroney and John Turner.

The endless street sign wrangling hasn't been confined to party lines. No sooner was the name change suggested than someone piped up that Macdonald's nation-building compadre George-Etienne Cartier should get a piece of the action, too, in order to acknowledge the country's French fact. So Wellington would become MacDonald-Cartier. That has a familiar ring, don't you think?

It seems there are so few worthy historical personages to immortalize with transportation infrastructure that we already have a Macdonald-Cartier Bridge, and a Macdonald-Cartier Airport. Oh, and a Cartier Street and a Macdonald Street, which intersect. The old boys are in little imminent danger of fading into obscurity here.

Prime Minister William Lyon Mackenzie King observed that Canada has too much geography and too little history, and maybe that's the case here in the nation's capital, too, where we have more streets than street names.

Pity, amidst all this shuffling of names, the poor tourists, cruising up and down our other stretch of Wellington Street in Westboro, searching in vain for the Parliament Buildings, before giving up and asking directions to the Palladium, or maybe the Corel Centre. Just another day in Bytown.

# **Cartoon** SWORD OF DAMOCLES:

### **Noteworthy**

Military purging

Degrading drawings of women in sexual situations have been deleted from

assroom materials. The Forces launched the offensive cartoons were used in courses for soldiers headed to Afghanistan.

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## Time to cut royal ties?

### Letters & Tweets

CALGARY. Should Canada cut ties with the monarchy? Absolutely!

The British look down on Canada in contempt. and here we are, absurdly comical hapless serfs with such an inferiority complex, hanging on to a foreign tradition of a tiredout, has-been empire, elevating them as demi-gods!

I love The Queen, but the rest of the clan is a bunch of misfits and fatcats living high off the hog.

I also believe that at all times, not just during bad, the royal family should be paying its own way, instead of the government forcing working people to foot those enormous bills.

### Waving goodbye?



But that is asking too much of a government that spent \$1 billion on the G20 summit and has slapped some provinces JACK G. ASHOK

TORONTO. In the aftermath of the G20 summit, one burning question keeps coming to mind: How was it possible that "protesters' were able to trash and burn police vehicles?

After over a billion dollars was spent on security, how is it possible that the police were unprepared to defend their property?

It is inconceivable to me that this was not a deliberately staged spectacle to justify the brutal police action that followed.

PAUL DONAT

Did you enjoy the **World Cup?** 

**Email** ottawaletters @metronews.ca **Twitter A**metroottawa

Metro has the right to edit letters and submissions.

### **Metro Minute** with Sassy Bead

Whether its gift to your-self or for someone special, nothing compares to something you made with your own hands. Take a minute to build a truly unique and exceptional piece of jewelry at the Sassy Bead Company's flagship store on William Street in the Byward Mar-

The shop is stocked

with thousands of beads. semi-precious stones and funky pieces to help people to make the perfect bracelet, necklace or pair of earrings

The store also offers a variety of bead workshops from basic beading to ballroom necklaces and tiger tail techniques.



# scene

**News in brief** 

Model Naomi Campbell will

testify at the war

crimes trial of former Liberian

Charles Taylor.

Susan Boyle is

searching for an

unknown to duet

THE ASSOCIATED PRESS

with her on her

upcoming

THE ASSOCIATED PRESS

president

# Mel's ugly words caught on tape

• Website that posted recording of Mel Gibson's rant says more to come

Oscar-winning director and actor dropped by Hollywood talent agency

The two-minute clip of Mel Gibson using a racial slur and calling his ex-girlfriend a "whore" during an argument are unlikely to be the last ugly words the public hears from the actor.

RadarOnline.com, celebrity website that posted the recording Friday, says there's more where that came from.

For 10 days, the site has posted written transcripts of secret recordings it said Gibson's former girlfriend, Russian singer Oksana Grigorieva, had made. The snippet released Friday is the first audio of the confrontations that have been aired.

The clip includes seg-ments in which a voice that sounds distinctly like the Academy Award win-ner is heard telling Grigorieva that she is dressing too provocatively and that it would be her fault if she were raped. He uses the Nword, a racial epithet, at one point. The recording is laced with his profanity.

Shortly after the posting, entertainment news outlets reported that Gibson had been dropped by talent agency William talent agency William Morris Endeavor, although



"It is shocking, not only for content which is horrific — but for tone. It is one of the most vile things we have ever heard." DAVID PEREL, RADARONLINE.COM

that decision appeared to have been made days ago. The agency did not return phone calls and an email seeking comment.

David Perel, RadarOnline's founder and executive vice-president, said the site had heard "a substantial portion" of 30

minutes of recordings Grigorieva had made. Perel said more audio clips will likely be released in coming days. The site reported the she made the recordbecause she was ings afraid Gibson might harm her.
The Los Angeles County

Sheriff's Department is investigating allegations that Gibson was involved in a domestic violence incident with Grigorieva, with whom he has an eightwith month-old daughter.

Gibson's camp mained silent about the Spokesman recording. Alan Nierob did not issue a comment on the audio's contents. Grigorieva's lawyer, Marci Levine, also did not return a phone message.

It is the second highprofile incident in which Gibson has been accused of using slurs and degrading women.

He apologized after his drunken driving arrest in 2006 after it was revealed by TMZ that he had made anti-Semitic and sexist

comments.
In the recent recordings, the actor is heard criticizing Grigorieva for the way she dresses. He accuses her of lying to him about having breast im-

THE ASSOCIATED PRESS

# Usher sings in Chinese at Beijing

Usher was expected to sing in Chinese, briefly, during his China debut concert in Beijing yesterday.

Usher was to sing one of Asian pop sensation Wang Lihong's songs in Chinese, Wang told a joint press conference Saturday night, and the two will also sing Usher's No. 1 OMG.

"I wanted to make a great impression, so I wanted to do something very special," Usher said. "After hearing (Wang's) music, I wanted to collaborate with him." The American recording artist said he came to China because he knows there's an audience for him.

THE ASSOCIATED PRESS

### Sheen court date postponed

A court hearing during which actor Charlie Sheen was expected to plead guilty to a charge stemming from a Christmas Day dispute with his wife has been postponed.

Court officials say the hearing has been delayed from today to Aug. 2. Yale Galanter, one of Sheen's attorneys, says the defence needs more time to work out details of an agreement that calls for Sheen to plead guilty to misdemeanour assault in exchange for prosecutors dropping serious charges.

THE ASSOCIATED PRESS

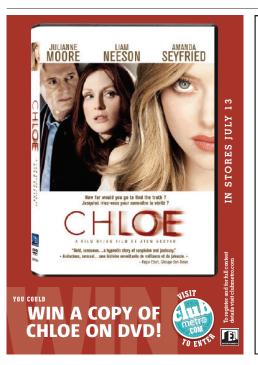
### **Celine Dion** expecting twin bovs

Celine Dion says the twins she's expecting are boys.

The superstar singer revealed the sex of the babies in a brief statement Friday on her website.

Dion already has a son, Rene Charles, with her husband and manager, Rene Angelil.

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## Underwood weds Senator Fisher

**○** Country star, hockey forward will have homes in Nashville, Peterborough, Ont. **○** Engaged on Dec. 20

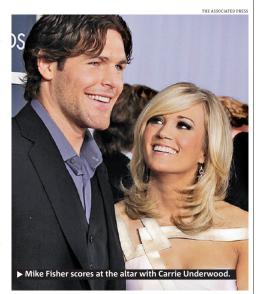
Country music star Carrie Underwood and Ottawa Senators forward Mike Fisher were married at a luxury resort in Georgia late Saturday afternoon, according to a People magazine report.

Underwood, 27, and Fisher, 30, tied the knot before 250 friends and family in a ceremony featuring classical music and the couple's favourite Bible readings, the magazine reported on its website.

"We could not feel more blessed to have found each other and to have shared this day with our friends and family that mean so much to us," the couple said.

Mike Fisher has said on his website that his bride would legally change her last name, but would still be known professionally as Carrie Underwood.

THE ASSOCIATED PRESS



## Once upon a time in Alaska

You might call it Sarah Palin's introduction to the cubs.

A biography of the former Alaska governor and self-described "mama grizzly" is set for release in September by Christian book publisher Zondervan. Speaking Up: The Sarah Palin Story, is one in a series of biographies aimed at 9- to 12-year-old readers. Others feature 2007 Heisman Trophy winner Tim Tebow and U2 frontman Bono.

Kathleen Kerr, an acquisitions editor for Zondervan's Zonderkidz division, said the subjects are



prominent figures who children hear about in the news and role models for tweens who are "working for the betterment of the world in which we live."

THE ASSOCIATED PRESS

### Wedding rumours amuse Katy

Katy Perry is reportedly tickled by all the speculation about where, when and how she and fiancé Russell Brand will tie the knot. "I hear these crazy stories — we are going to get married in latex, underwear, in spandex, in Japan, in India, in Thailand," Perry says. METRO WORLD NEWS

### Picking up \$50K tab? Priceless

Ryan Seacrest doesn't mind picking up the check at dinner, even when it costs him more than \$50,000, according to TMZ. Seacrest reportedly attended a business dinner, and when the \$41,000 bill came, the "American Idol" host paid it — and left a \$10,000 tip.

### **Celebrity tweets**



Samantha Ronson [@samantharonson]

Hey Joan Rivers- you have collagen older than Lindsay, pick on someone your own age, oh wait, I guess people that old can't hear.



Mayer
[Ajohnc-mayer]
Just once, I
want to

hear a rap song with implicit lyrics.



Gallagher [Apeter-

gallagher\_] Great to be in Ireland. My brows are one of millions here and perfect for the rain. Home at last.

### Smoking habit Lo point in jail

Friends of Lindsay Lohan are worried she won't survive her upcoming jail stint because the facility where she'll be locked up is smoke-free, according to TMZ. "The first thing she does when she wakes up is light a cigarette," a source tells the website.

METRO WORLD NEWS

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(The Kane Tweens show peers Chroniaround the world cles, how to have fun Book 1) staying fit by Rick

• Put those lazy summer afternoons to good use and get your child reading one of these top-notch books • Not only is reading good for your little ones, it's a great way to get them ready for school • Make reading a family activity

### **Books that will have** kids coming back for more

The Short Second Life of Bree Tanner: An Eclipse Novella (Twilight Saga) by









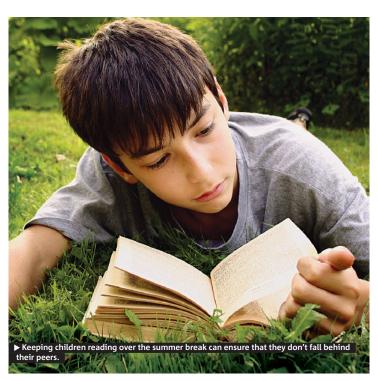












# Summer key for learning

Studies on summer learning show that students who continue to learn over the summer have a considerable advantage when the next grade begins.

"By taking part in some form of learning during the summer, students maintain their academic momentum, and avoid falling behind in major subject areas such as math, reading, and comprehension," says Dr. Nick Whitehead, founder and CEO of Oxford Learn-

According to Whitehead, it's much easier for students to start a new school year having maintained their learning mo-

"Summer break is actually an opportunity for students to make serious academic gains, and get a head start on next year's grades." DR. NICK WHITEHEAD

### Learning tips

These tips from Oxford Learning help students of all ages and grades beat the summer learning brain drain.

- Visit the local library. The public library often has reading events and competitions that can . motivate children to develop their reading abilities.
- Keep a journal or a scrapbook. Develop vocabulary skills by writing a

mentum, than it is to return to school unprepared.

"Students who start the new school year ahead are more likely to stay ahead for the entire school year. They struggle less and are actively learning from day one," he says.

While most students balk at the idea of summer school summer learning is more than just repair work for poor

paragraph about the day's activities. Write down the titles of books being read and any new vocabulary words.

Practice time management. Students should continue to use an agenda or family calendar to keep track of their daily activities—whether it is academic-related or not.

Learn. enrol in a camp that has an academic element to maintain school skills all year long. NEWS CANADA

grades; it predicts better academic performance in the coming school year.

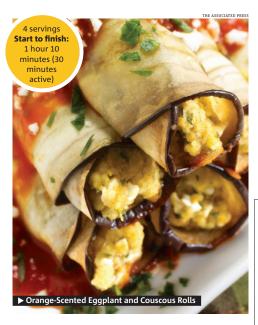
"We need to change the way that we think about summer and sumlearning," Whitehead.

"Summer break is actually an opportunity for students to make serious academic gains, and get a head start on next year's grades."

NEWS CANADA



metr@food metronews.ca



## Seasonal, light and make-ahead

Orange-Scented Eggplant and Couscous Rolls: Can be prepared up to two days in advance, covered and refrigerated.

### Ingredients:

- 1 large eggplant (about • 45 ml (3 Tbsp) extra-virgin
- olive oil, divided
- 2 oranges
- 2 ml (1/2 tsp) cinnamon • 1 ml (1/4 tsp) ground cardamom
- 15 ml (1 Tbsp) apple cider vinegar
- 250 ml (1 cup) water
- 175 ml (3/4 cup) couscous
- 500 ml (2 cups) crumbled feta cheese, divided
- 60 ml (4 Tbsp) chopped flat-leaf parsley, divided
- Ground black pepper, to taste • 250 ml (1 cup) prepared

### **Preparation:**

- Heat oven to 220 C (425 F). Coat a baking sheet with cooking spray. You may need 2 baking sheets.
- Trim both ends of the eggplant. Standing the eggplant on end, slice it lengthwise into slices 0.75 cm (1/3 inch) thick. Discard the end slices of skin.
- Arrange slices on prepared baking sheets and brush with 30 ml (2 tbsp) of the olive oil. Bake until lightly browned on the undersides, about 10 minutes. Turn slices and continue baking until second sides are lightly browned and flesh is

tender, 10 to 15 minutes

lonaer.

- Meanwhile, to make filling, grate zest of half an orange, then juice both oranges. Transfer zest and juice to a medium saucepan. Add cinnamon, cardamom, apple cider vinegar, remaining 15 ml (1 tbsp) olive oil and water. Bring to a boil. Stir in couscous and remove pan from heat. Cover and let stand until liquid is absorbed, about 5 minutes.
- Uncover couscous and fluff with a fork, then let cool. Stir in 375 ml (1 1/2 cups) of the feta and 45 ml (3 Tbsp) of the parsley. Season with pepper.
- Coat a 3-l (9-by-13-inch) baking dish with cooking spray. Place about 50 ml (1/4 cup) of the couscous mixture at one end of each eggplant slice. Pressina with your fingers to compact the filling, roll up each slice and transfer them, seam-side down, to prepared dish.
- In a saucepan, heat marinara sauce. Drizzle marinara sauce over rolls. Cover dish tiahtly with foil and bake until rolls are heated through and sauce is bubbling, about 15 minutes, Sprinkle with feta and parslev just before serving. THE ASSOCIATED PRESS

### **Superfood: Acerola Cherries**

With one of the highest levels of vitamin C. acerola cherries are the ultimate superfood.

Overload on their goodness while you still can. Vitamin C is great for keeping the immune healthy and fighting off infections.

Acerola cherries also contain carotenoids, a powerful anti oxidant, protecting cells from the damage of free radicals.

Carotenoids also help keep the immune system healthy and prevent Vitamin A deficiency. ROMINA MCGUINNESS





## Offsetting your footprint

• If you can't stand to live off the grid, you can find other ways to chip in



The average Canadian emits about 24 tonnes of CO2 per year. Many are working to reduce their carbon footprint, but conservation, commuting and other changes only go so far.

That's where carbon offsets come in. They allow you to pay — between \$20 and \$30 per tonne — for the carbon you emit. There's no financial return on these investments, but the money directly funds new technological breakthroughs that can clean up the atmosphere for everyone. Here are the basics of carbon offsetting:

### How do carbon offsets work?

"You can purchase carbon offsets, and we then invest that money in clean technology projects," says Kari Grist, senior vice president of marketing for Offsetters, a private, for-profit



company specializing in the carbon market. "If an organization like Group Aeroplan wants to be carbon-neutral — and they are — we have projects that sell carbon credits to us, which we then, in turn, sell to Group Aeroplan."

### Who collects the money?

Offsetters is one of several companies offering carbon offsets. They also do extensive research to ensure the new technologies they fund really will reduce Canada's extensive carbon footprint.

"We take the funds, and give it to organizations that implement the new technology," Grist says.

"Often, these organizations can't fund a new technology on their own."

The market is growing

### Did you know?

Airplane According to Agriculture and Agri-Food Canada, traveling from Ottawa to Vancouver by airplane creates 1.4 tons of carbon dioxide per person. In the present market, purchasing a carbon offset to balance one passenger's emissions on the journey costs about \$28. Many frequent flyers make donations to Offsetters as a way of compensating the environment.

rapidly. Canadians paid to offset 93-million tonnes of CO2 in 2009, up from 12-million in 2005.

### Where does the money go?

"For it to be a high-quality offset credit, there are standards that (a project) has to adhere to," Grist explains. "One is that the offset is real and permanent – measured by third-party validators."





# NOTHING FRESH ABOUT THESE AIR FRESHENERS

## Queen of Green

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

COULTER



QUESTION: Air fresheners make me sneeze. What's in them anyways? Jacqueline, Summerland, B.C.

he term air freshener is a misnomer. They are in fact chemical cocktails. Their ingredients are of huge concern since many are made with formaldehyde (a known carcinogen), naphthalene (a suspected carcinogen), toluene (known to cause liver and kidney damage) and xylene (a neurotoxin). And to think air fresheners make up people's daily spritz and spray routine.

More disturbing is how they work. Many mask an undesirable scent, but some use a nervedeadening chemical that interferes with our sense of smell. Others coat your nasal passage with an oily film.

Many air fresheners and artificial fragrance in general — can trigger asthma attacks and affect our central nervous system. This is why going scent-free at home and at work is so important.

Instead, rely on good ventilation, deodorize with baking soda or vinegar, or choose an essential oilbased, non-aerosol, ecofriendly air freshener.

QUESTION:
Green cleaning
recipes call for
borax. Is borax safe?
Suzanne,
Winnipeg, MB

Borax (sodium borate) is an alkaline mineral salt.

It's a naturally occurring element, but even things from nature can be harmful (like asbestos or mercury).

Not unlike conventional cleaning products, homemade or store-bought green cleaning solutions should be stored safely away from children and pets.

Borax is very effective, versatile, affordable, and eco-friendly compared to petroleum-based ingredients in conventional cleaning products.

Handled with respect, borax is a great addition to your arsenal of green cleaning products. metr

work

metronews.ca

MONDAY, JULY 12, 2010



# Is your job turning you into a zombie?

If the satisfaction you used to feel at your job is gone, now's the time to find a job that makes you feel alive



It happens gradually: A job that used to inspire you begins to tire you, one teardrop of boredom at a time.

"Sometimes, people realize that the job they were into at 19 is no longer of any interest or meaning to them," Fearless Career Change author Marky Stein notes.

The distinction to draw, she advises, is whether you're suffering from a fleeting disinterest with the workload at hand — or does your disillusionment burrow souldeep?

Chances are high, according to Career-Builder.com, that if you've weathered the recession in the same desk chair, you're feeling wiped out, disinterested, confused. The site says more than a quarter of all workers claim to be disatisfied with their daily grind — the highest CareerBuilder adviser Allison Nawoj has seen it. It's

a probable consequence, she speculates, of taking on "I never signed up for this" tasks like administration, accounting, and other types of tedium that turn a job into a daytime snooze.

"A job should open you up, creatively, mentally, or physically," Nawoj boldly proposes. "If you feel that your job is taking away from your creativity, your mental well-being, or you're physically burnt out, it's time to step back."

### To move on or not? The checklist

Before you chuck your day job into the dustbin of broken dreams, make sure you've "mastered it to your own satisfaction," Stein recommends. "You want to make sure you come out with industry knowledge," agrees Nawoj. Plus, consider the possibility that landing your ideal gig may not mean galloping out of the office into utter joblessness, but just pressing a bigger number on the elevator wall.

### Save up before the plunge

For some people, work gets so unbearable they have to quit, even before landing a new job. But, before you leave make sure you've at least got some money saved up.

Mathieu Paradis, a

Mathieu Paradis, a financial advisor with Ottawa-based Wealth Strategies, says four months of savings works for someone with strong job prospects, but six months may be better if you're searching for your ideal job.

your ideal job.

If you know you want to leave in a few months, start saving now. "Put a bit of every paycheque in a short-term savings account so when you've had enough you have the financial freedom to change jobs."

BRYAN BORZYKOWSKI

# Tips to better your work-life balance

Do you ever wish there were more than 24 hours in a day? For lots of people, work-life balance is a neverending battle with many things and people competing for our time and energy. While it's impossible to control all the factors that impact work-life balance, help achieve a better synergy by following these tips:

Slow Down. Life is simply too short, so don't let

it pass you by. Take time to stop and enjoy the things and people around you.

2Use technology to streamline schedules. Don't overlook technology weapon to make the most effective use of your day.

Protect your personal time. Effective time management involves knowing when to shut things down. NEWS CANADA

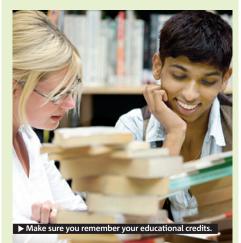


### More tips

Share the Load. You don't need to do it all. Really. Get your spouse or children to help you with your personal/family responsibilities. Managing and taking care of the household should not be the responsibility of just one person.

Learn to say "no." Taking on too many tasks can be stressful and overwhelming. Learn to say no to things when there's too much on your plate. NEWS CANADA





# Prep your wallet for post-secondary

### **Let your** tuition help you at tax time

Detailed below are four essential tax tips for post secondary students of-fered by the Certified General Accountants of Ontario pertaining to tuition fees and education

Full-time students may claim a federal credit of 15 per cent of their eligible tuition fees, plus an education credit of 15 per cent of \$400 per month in 2010. Students registered to attend parttime studies may also claim the tuition fee

credit of 15 per cent of eligible fees; in addition, they may deduct \$120 a month toward the 15 per cent federal education tax credit.

Students with disabilities may be enrolled part-time to qualify for a full-time credit. Individ-uals with disabilities who are enrolled in approved Human Resources and Skills Development Canada (HRSDC) or equivalent provincial/territorial-approved training programs can also deduct those related expenses.

The education tax credit also applies to stu-dents who are pursuing career-related, post-secondary education at their own expense (e.g., the CGA program of professional studies).



### It's never too early to start planning your finances

It's not always easy to keep enough money in your bank account and maintain a good credit rating when you're a college or university student. In this age of consumerism when cell phones and brandname goods are so popular, it may be difficult to tell the difference between needs and wants. But just like learning new math formulas or milestones in history, it's never too late to learn the basics of managing your personal finances.

If your financial obligations are keeping you awake at night, you probably need to spend more time on financial plan-

### Prepare a budget and monitor your finances

Is the burden of a student loan too heavy? A budget is an excellent way to help you manage your finances, especially if you're having difficulty paying off your debts. Monitor your finances closely: Keep your bills and write down everything you spend each day

### Prepare a budget

Finances A budget will help you live within your means and avoid debt. Although it takes effort to prepare a budget, it will give you peace of

for a couple of months. This will give you a better idea of how much money you take in, how much you spend and how much you save.

With a budget, you'll no longer feel guilty if you spend a few dollars at the movies or \$20.00 for a restaurant meal, because you will have planned these expenditures and will know that they will not prevent you from paying your credit card bill. You'll find a budget

worksheet and information on how to prepare a budget and avoid debt on tip sheets published by the Financial Consumer Agency of Canada, Making a Budget and Sticking to ItandHow to Beat That Debt, available at moneytools.ca. news canada

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SECURITY

## How to gain financial freedom

Education Learning independence is an important part of being a student and this includes being financially independent.

"Financial independence isn't about having a lot of money, it's about knowing you call the shots," says Kavita Joshi, director of Student Markets at RBC. "Independence means just that having the autonomy to make informed decisions about your money.'

What are the key tips for financial indepen-dence? Joshi says it's a matter of learning to:

- Live within your means — understand how you spend, and make smart decisions that suit your needs and wants.
- Control what you can control — some expenses are out of your hands, but students have freedom over many others.
- Decide when and how to take on debt if you have some student debt, consider the level you're comfortable with, and how

it influences your spending

"Taking control of your finances means a little upfront planning with a budget," says Joshi. Joshi recommends stu-

dents use tools like RBC's Better Student Life website (to learn about money management), and Student Budget Check (to calculate what you can spend to get through the school year). You can find this information at betterstudentlife.ca. NEWS CANADA





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# Spanish reign over World Cup

Spain only third team to be European champ at the same time





SPAIN

NETHERLAND

Spain's place among world soccer's all-time greatest teams was assured yesterday when Andres Iniesta scored with four minutes of extra time remaining to beat the Netherlands 1-0 and clinch his country's first World Cup.

With the teams facing a penalty shootout after an often ill-tempered game of few clear chances, Iniesta collected a sliding pass into the area from substitute Cesc Fabregas and smashed the ball across goalkeeper Maarten Stekelenburg and in at the far post.

The goal clinched Spain's fourth straight 1-0 victory; in South Africa

The goal clinched Spain's fourth straight 1-0 victory in South Africa and made the team only the third to be world and European champion at the same time.

"This really is quite a cup," Spain goalkeeper Iker Casillas said. "The European Championship was the most important

### Message

When he scored, Andres Iniesta remembered former teammate Daniel Jarque.

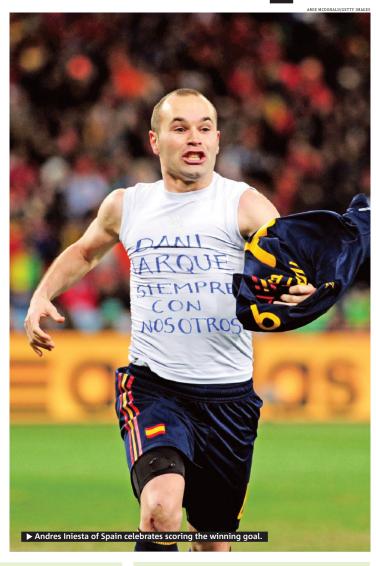
- ► Iniesta took off his blue Spain jersey to reveal a white T-shirt bearing the words, "Dani Jarque: Siempre con nosotros" — "Dani Jarque: Always with us."
- Jarque collapsed and died at the age of 26 on a preseason tour of Italy last year

moment of our lives, but today is much bigger than anything else."

At the final whistle, the Spanish players hurried to swap their blue shirts for their more familiar red colours in time to collect the trophy. They donned shirts decorated with a single gold star to mark their triumph, becoming the eighth nation to receive the honour in the tournament's 80-year history

"I can't quite believe it yet," said Iniesta, who was voted man of the match. "I had the opportunity to score that goal which was so important to my team. It's something absolutely incredible. I simply made a small contribution to my team in a match that was very rough."

THE ASSOCIATED PRESS



## Ugly play fails to lift Netherlands to title

The Dutch were bent on showing that they could win ugly for their first World Cup title, but they only got the ugly part right.

With eight yellow cards, one red and endless arguing that even spilled over beyond the final whistle, the Netherlands lost much more than 1-0 to Spain in the final — it lost a lot of its credibility as creative masters as well.

Defender John Heitinga became only the fifth man to get a World Cup final red card when he was sent off in extra time.

Netherlands coach Bert van Marwijk has taught his team to win ugly when it needed.

"I would have loved to win it with football that is not so beautiful," he said. THE ASSOCIATED PRESS



### Sports in brief



### Webber takes British GP

**F1.** Mark Webber cruised to his third Formula One victory of the season yes-

terday after overtaking Red Bull teammate Sebastian Vettel on the opening lap of the British Grand Prix.

THE ASSOCIATED PRESS

## Als score first win of season

CFL. Jerald Brown's interception return for a touchdown was the difference as the Montreal Alouettes got their first win of the season yesterday, defeating the Edmonton Eskimos 33-23 to move into a three-way tie for first place in East Division. THE CANADIAN PRESS



Quoted



"Spain deserves this triumph and this World Cup. I think this goes beyond sport. We have been supported by all the people in Spain and we're delighted to give them this victory."

"We are angry that we lost because we came so close. I know you cannot

SPAIN COACH

blame others, but the ref was more favourable to Spain."

DIRK KUYT,
NETHERLANDS FORWARD



## Armstrong's hopes die in France's Alps

Crashes and a fall leave seven-time Tour de France champ in 61st place Armstrong insists he's healthy

Close the book on the Lance Armstrong era at the Tour de France. He has.

The record seven-time champion wrote off his chances of victory in his 13th and last Tour, signalling the beginning of the end of one of the most celebrated and controversial careers in cycling history.

ry.

The 38-year-old Texan's hopes for yet another title were dashed yesterday after he got caught in three crashes — one of which brought him down — and struggled to keep up during two tough climbs in Stage 8, the race's first foray into the Alps. He and his team said his hip got banged up, keeping him



from pedalling hard.

The stage was won by 25-year-old Andy Schleck of Luxembourg, and Armstrong finished nearly 12 minutes back, in 61st place.

World champion Cadel

Evans of Australia took the yellow jersey by finishing 10 seconds behind Schleck, but well ahead of overnight leader Sylvain Chavanel of France.

"My Tour is finished," said Armstrong, who fell to 39th overall

The stage was a poignant, if agonizing, coda to Armstrong's unlikely bid for an eighth Tour victory in the second year of his comeback after a three-and-a-half-year hiatus. In his prime, he made his mark in the mountains, pulling away from his competitors there. Yesterday, he panted and struggled on an Alpine climb, his rivals leaving him far behind.

THE ASSOCIATED PRESS



## World Cup in pictures







Dutch player Wesley Sneijder reacts after yesterday's loss. A perfect season for Sneijder turned sour, minutes from its conclusion. Instead of a perfect sweep of Italian league, cup, Champions League and World Cup titles, the biggest game of the year escaped him.

Spain goalkeeper Iker Casillas kisses the World Cup. "This really is quite a cup," Casillas said.

A Spanish fan displays a body painting of octopus oracle Paul on his back in Madrid. The octopus from Germany correctly forecast Spain's victory.

Spain's Andres Iniesta celebrates after scoring the game-winning goal. Iniesta arrived in South Africa struggling after an injury-plagued season.

Former South African President Nelson Mandela waves next to his wife Graca Machel as they are driven across the field ahead of the World Cup final. Mandela had kept a low profile during the tournament, having decided against attending the opening game following the death of his great-grand daughter. THE ASSOCIATED PRESS

# Creamer wins her first LPGA major

Paula Creamer wondered a few months ago if she would ever play golf again the way her badly injured left thumb was hurting. What she couldn't have

What she couldn't ha possibly guessed is she would play like this.

Creamer shed the title of best women's golfer to not win a major, never wavering during a four-shot victory yesterday at the U.S. Women's Open, in which she put away a field that couldn't match her confidence or consistency.

Creamer started with a three-stroke lead, then never let it go below two shots during a 2-under 69 that gave her a 3-under 281 for the tournament. Na Yeon Choi of South Korea shot a 5-under 66 at a softened-up Oakmont Country Club to tie Suzann Pettersen of Norway for second place at 1-over 285.

48th

Sharp closed with a 72 and finished tied for 48th, earning \$11,394

# Mauer to play on depleted AL roster

To heck with his banged-up shoulder, Joe Mauer is headed to the all-star game. Or rather, the all-scar game.

Atlanta rookie Jason
Heyward became the latest guy to join the dropout
list yesterday. NL manager
Charlie Manuel wanted
Billy Wagner as a replacement — no good, the
Braves closer passed
because of a sore ankle.

Mariano Rivera, Chase Utley and Dustin Pedroia already were sidelined for tomorrow night's game at Angel Stadium. Then achy All-stars Justin Morneau and Jose Reyes announced this weekend they were out.

Boston third baseman Adrian Beltre could be the next one marked absent. He left yesterday's game at Toronto with a strained left hamstring.

Mauer will play, although the Minnesota catcher sat out yesterday's game at Detroit after recently taking three foul tips off his right shoulder.

12

15

21 22

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45 46

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57

### Crossword

### Across

- 1 Cleopatra's snake 4 Eccentrically foolish
- 9 Hockey legend
- Bobby 12 Sticky stuff 13 Related on the
- mother's side 14 Actor — Gossett
- 15 Tradition-al
- 17 Slight touch 18 Raw rock
- 19 Cool and damp
- 21 Temper 24 Caffeine-rich nut
- 25 Language suffix 26 "A mouse!"
- 28 Squander
- 31 Stitches
- 33 59-Across fraction 35 Remain
- 36 Boat for one
- 38 Petrol
- 40 out a living
- 41 Partially mine
- 43 Swerved 45 Hollywood's
- "Platinum Blonde" of the 1930s
- 47 Altar
- constellation
- 48 Annoy 49 The Garden State
- 54 Shelter
- 55 Ancient theatre
- 56 Paid player 57 Paving material
- 58 Ms. Witherspoon 59 Japanese money

### Down

- 1 Past
- 2 Note between fa and la
- 3 Pea holder
- 4 Edict
- 5 Belongs naturally

### 6 Confucian princi-

- 7 Wall Street wares
- 8 Cowardly 9 17th-century artist, perhaps 10 Wander
- 11 Red gem
- 16 Turf
- 20 "Oh, woe!" 21 Dilbert's furniture 22 Cruising 23 With "The," mag-
- azine first published in 1925
- 27 Small harrel 29 Seize

30 Black- — peas 32 Author Bellow

13

26

37

49

55

58

33

42

16

18

32

41

- 34 Arizona tribe 37 Money for 42-Down
- 42 Stockholmer, for
- one 44 Listening device
- 45 Sword handle 46 Vicinity 50 Tiny
- 51 Secret agent

## 52 Before 53 Thither

### Sudoku

4		3		7	8			5
	2		9					7
	7		5				4	
1							2	
		2	8		3	5		
	6							1
	9				6		5	
8					5		1	
7			3	9		4		
			ı			•		

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

### Happy birthday, Litu! Thanks for being part of my life, baby. I will love you more, every single day of my life. TASH

Matt your the best I ever had. I couldn't bare to lose you. Ill love you forever and ever,

Send a KISS

Show some love! Send a

at kiss@metronews.ca

note to somebody special

Dear Stefan, You've completely taken over my heart, and I cherish every moment we spend together. I know I say this every day, but here it is again; I love you now and forever, and I can't wait to see what the future holds for

LOVE MELISSA

My Angelina Ballerina, I'm so proud of you today. You did well in your first ballet class. Hugs from Mama! MAMA FE





8 2 1

3 1 4

6 1 3 9 4 5

4 5 9 1 8 2

2 3 6 5 9

1 4 9 5 2 8 6 7 3

9 4 7

7 8 1

1 4 3 6 2 7 5

8 9 5

5 3 8 1 7 4 2 6 9

**Caption contest** 

5 6

2 7

9 5

6 3

7 2 6

4 8 1



### **Today's horoscope**

### T Aries March 21-April 20 Keep your plans to yourself today, and keep people who try to nose into your private affairs at arm's length.

¥ Taurus April 23-May 21 Any doubts you may have had about what you are planning to do with the rest of your life will now disappear. Don't worry that the journey ahead looks tough — just put one foot in front of the other and keep walking.

II Gemini May 22-June 21 The odds are most definitely in your favour at the moment, so make things easy for yourself and swim with the tide rather than against it. Do you know where you are going? Do you care? The mystery is part of the fun.

 Cancer June 22-July 22 Are people taking advantage of your easygoing nature? Maybe, but if it isn't causing you any particular harm why worry about it? There is no point getting angry with peonle who take a little bit.

**Ω Leo** July 23-Aug.23 You can sense that something dramatic is going to happen. What that something might be is impossible to know for certain but, whatever it is, it will be fun.

M Virgo Aug. 24- Sept. 22 You might like to change the world but that simply isn't possible. You can, however, change yourself, and that should be your number one aim over the next few days. Be a good ex← Libra Sept. 23-Oct. 23 What seemed like a setback a few days ago now looks completely different, which only goes to show how foolish it can be to jump to conclusions. Life is good and getting better

For today's crossword answers and for expanded horoscopes, go to metronews.ca

14

17

40

51 52

56

59

➤ Yesterday's answer

29 30

53

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50

M Scorpio oct. 24-Nov. 22 You cannot avoid your responsibilities. Not that you want to, of course. Employers and other important people will be hugely impressed by your commitment.

### 

by the dav.

Nov. 23-Dec. 21 Your power to change things may be limited at the moment but there is no need to get frustrated about it. It won't be long before you are

り Capricorn Dec. 22-Jan. 20 If you want something enough you can find a way to get it. Do you believe that? You should. because belief is the first step to making it happen. The second step is to have a plan.

Aquarius Jan. 21-Feb. 18 Someone you are close to feels a little bit neglected and you really should do something about it. Find ways to remind them what they mean to you.

### ⊢ Pisces Feb. 19-March 20

The Sun in Cancer means this is a fortunate time for you and whatever you do over the next few days will be a complete success. Does that mean you can try anything? It most certainly does. Gets you thinking, doesn't it. SALLY BROMPTON

**You** write it! Write a funny

caption for the

image to the right

and send it to play@metronews.ca the winning caption will be published in tomorrow's



"This is why I

don't play soccer. Too

many fowl plays."

SARAH IOI



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A/C, Auto st: 29194 • st: 2910 • km: 69385 \$8,450 \$68



07 Mazda3

A/C. Std km: 91382 \$8,990 \$82



**06 Pathfinder SE** 

4WD, Load, A/C st: 28503 km: 82663 \$19,850 209

**08 Eclipse GS Coupe** 

km: 41699 \$17,980 \$146°



• st: 29661 • km: 77004 \$8,860 93



PAY

st: 29666 km: 51023 \$11.850 96

• Load, A/C, Std • st: 29702 • km: 75388

\$9,760

\$161°



**08 Ford Escape XLT** 

\$16,540



08 Pontiac G5



10 Camry LE

Load, A/C st: 29533 km: 30042 \$19,950

07 Audi A4 Convert

AWD, Load, GPS, Lthr, st: 29546 km: 52362 \$34,890

10 Mustang

Load, A/C, Auto st: 29207 km: 29348 22,470

### **07 Honda Civic**

MENTS FOR

Load, A/C, Std st: 29784 km: 73205 \$11,350 \$103°

07 Corolla CE

**05 Jeep TJ Sport** 



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**08 Mazda Tribute** 

Load, A/C st: 29529 • km: 54497 \$17,950



### 07 Dakota Magnum

Load, A/C st: 28111 km: 55513 \$17,860 \$163"

### **07 Ford Ranger**

A/C, Auto • st: 29720 • km: 73454 \$11,840 \$108"

 4x4, Load, A/C, Std • st: 29776 • km: 66626 \$13,350 \$141 **Bi-weekly** 

### 06 Mazda B4000

### 07 Econoline E250

Super Duty, A/C st: 28294 km: 75138 \$17,360 \* \$158

TO

§62 10 Dodge Journey Load, A/C st: 29473 km: 20291



1

### 09 Dodge Avenger





# 06 GMC Canvon

4x4, Load, \$28,850 \$261" Ri-weekly

# 07 Tacoma SR5 TRD

### 06 GMC Sierra Z71

4x4, \$21,870 \$223° Bi-weekly

### 08 Ridgeline RTI

4x4, Load Lthr, Roof \$32,890 \$254°

• Load, A/C, Auto • st: 28161 • km: 99339 \$8,950



### 07 Prius Hybrid



### 07 Raider LS

Load, A/C, Auto st: 28990 km: 37060 \$17.890 \$163\*\* Bi-weekly

st: 28694 km: 32182 \$25,980 \$201\*\*\*

### **09 Frontier SE**



### 07 Tundra SR5

• 4x4, A/C, Auto • st: 28556 • km: 47596 \$29,850 \$261" weekly

### 07 Ford F-350 XLT

4x4, Load, Diesel • st: 29010 km: 60151 \$33,840 \$296\*\* Bi-weekly



### 07 Chevrolet HHR

st: 29717 km: 62456 \$9.650 \$88"



### 06 Tucson



### 06 Ford F-150 FX4

st: 28052 km: 66876 \$20,840 \$212

### 09 Chevrolet G15

• st: 28312 • km: 38582 \$21,860 \$169\*\*\* Bi-weekly

5.7L, 4x4, Load, A/C st: 29296
km: 42267 \$24,850 \$192\*\*\* Bi-weekly

### 08 Ram TRX4 HEMI

### 10 Ford F-250 XLT

 4x4. Diesel • st: 29458 • km: 14352 \$43,750 \$338



07 Mazda5

Load, A/C, st: 29321 km: 74806 \$11,950 \$109\*\* Ri-week!

### 09 Jeep Liberty

4WD, Load, A/C, Auto st: 29150 km: 55813 \$17.950

### 06 Tribeca B9 AWD

st: 28724 km: 77485 \$22,450 229

08 BMW Z4 3.0i

 Convert, Auto Load, Lthr, A/C st: 29656 km: 20545 \$34,850 \$270

08 Santa Fe GLS

4WD, Load A/C, Auto st: 28377 km: 54197 \$19.950 \$161"

st: 29044 km: 77412 \$8.350

07 Yaris

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